

Word Of Mouth

with

Dr. Greg Konotopetz

fromthedentist

Spring Is Here!

We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home – the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

Yours in good dental health,

Dr. Greg Konotopetz

turnthepage

Get the competitive edge!

Prevent tooth loss, now!

Restore your smile: reclaim your life!



Maximize Your Benefit

Minimally invasive dentistry and your healthy future

If you've wondered why we encourage you to come and see us every three to six months, it's because we believe that cavities and oral diseases are not inevitable. Our team is committed to minimally invasive (MI) dentistry. This means that we are dedicated to using the least invasive procedures to create the maximum oral health benefits for you.

Of course that means using today's superior technology to remove less healthy tooth enamel than in generations past, but it means much, much more. Our team is committed to providing leading-edge dental care through ensuring:

Adequate consultation time so that we can discuss your hopes and desires for your smile and oral health;

Education and home care guidance

to prevent gum disease and cavities;

Regular recall examinations for the prevention of caries (decay), periodontal diseases, and other oral diseases;

State-of-the-art diagnostic tools, restorative materials, and precision equipment for earlier diagnosis and effective treatment plans which save more natural teeth and tooth enamel when intervention – even cosmetic intervention – is required or desired.

Your quality of life can be improved through optimal oral health. Research has linked gum disease to respiratory and cardiovascular diseases, cancers, and diabetes. With MI dentistry, many oral health concerns can someday be a thing of the past. In other words, our commitment to MI dentistry is a commitment to your healthy future!

Doing our very best for each and every patient, each and every day!

Set The Trend

Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

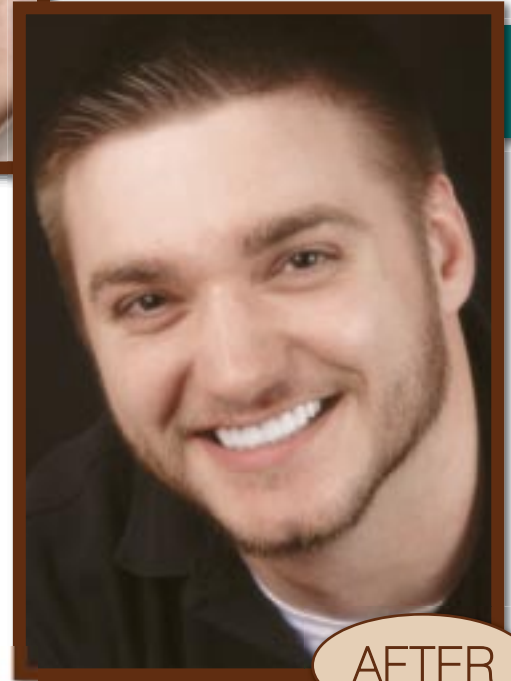
Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger
close gaps
repair
straighten
brighten
camouflage

VENEERS



AFTER

Avoid Gum Disease

Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

What We Can Do

Perform regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

Provide brushing and flossing instruction and explanations about your oral health needs.

What You Can Do

Schedule and keep regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

Commit to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





2 Quick Fixes Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

Whitening - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

White Bonding - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings! Choose one technique or two ... it's up to you!

What's On Your Menu?

Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

Add low-fat milk to sugar-free coffee or substitute with skinny lattes.

Swap black tea for green which has beneficial antioxidant properties.

Switch from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

Rethink soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

Replace red wine with white, and dark berry juices with light.

Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

IMPLANT & VENEERS



COMPOSITE FILLINGS



Striking A Balance

With healthy gums

Healthy gums help create balance and symmetry in the appearance of your smile. They draw our eyes to small areas of vibrant pink color of sufficient intensity to contrast against the whiteness of your teeth. They also provide contrast of shape and scale by creating a small, intricately shaped frame for each larger tooth shape. So why tip the balance with periodontal disease?

Red, swollen gums that bleed easily are caused by an imbalance in the bacterial levels in your mouth. When the

good bacteria are overwhelmed by bad bacteria, inflammation, infection, gum and bone recession, and tooth loss can occur.

You have the power to restore your smile's equilibrium! Call for a consultation and bring back nature's symmetry to your smile.

Did You Know?

- 75% of adults over age 35 are affected by gum disease.
- Up to 30% of people may be genetically susceptible to gum disease.
- Regular screening by the dentist can



detect periodontal disease in its earliest stage.

■ Tartar/calculus is hard calcium deposits that infect your gums, spreading below the gumline, destroying your gums and the bone that support your teeth.

■ Only the dentist or hygienist can remove tartar/calculus.

■ Brushing, flossing, and rinsing at home can help you prevent gum disease. Only regular visits to the dentist can help you keep it completely at bay.



LEFT: Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.

RIGHT: Research has shown that we see teeth as whiter when they are surrounded by pink gums.



Dr. Greg Konotopetz
Dr. Colin Bonnet
3291 Quance Street East
Regina, SK S4V 3B7

Office Hours

Monday	8:30 am	–	5:00 pm
Tuesday	9:00 am	–	5:00 pm
Wednesday	8:30 am	–	5:00 pm
Thursday	8:30 am	–	5:00 pm
Friday	9:00 am	–	4:00 pm

Contact Information

Office	(306) 584-2833
Toll Free	(866) 584-2833
Fax	(306) 584-8422
Email	info@signaturesmiles.ca

www.signaturesmiles.ca

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Simple & Effective Restorations mimic nature

Often it's the simple strategies – the ones you can't see – that send the strongest message. White fillings match tooth enamel so perfectly, for example, that your smile will look healthy, attractive, and natural.

Enamel-colored sealants offer a cosmetic and preventive benefit to dentistry. Sealants can be applied in just a few minutes and will protect your tooth enamel against the invasion of cavity-causing bacteria, working invisibly to keep your smile's sparkle bright.

Contemporary restorative materials are more durable than ever before, and more natural looking thanks to built-in qualities like translucency that mimic your own enamel.

Strategies so simple ... and so effective ... that no one will know but you!

Playing The Odds Mouthguards work

Did you know that your chance of sustaining a mouth injury while competing in a contact sport is 10% a season and 30-50% over your athletic career? The risk to your teeth is high, but only about 7% of young people wear mouth protection while playing sports like soccer, baseball, and basketball.

Properly fitted mouthguards made by dentists can put the odds back in your favor. Your teeth are the most likely part of your face to be injured during sports and most of these injuries are preventable. Mouthguards can even reduce the rate of concussion and jaw injuries. Off-the-rack boil-and-bite models only provide low-level protection, and if you are unconscious, a poorly fitting mouthguard can obstruct your airway. Custom-made mouthguards fitted in our operatories are safer, more effective, and more comfortable.